



# Thirsty?

## Why do you need water?

- For digestion – Water is in saliva to moisten food, in stomach juices to digest food and in the blood to transport nutrients and oxygen to body cells and carry waste products away.
- To soften stools, reducing constipation.
- To regulate body temperature.
- Improves energy levels
- Improves brain function

## How much water do you need?

You use up about 2½ quarts of water by breathing, perspiring, and eliminating body wastes each day

To keep from getting dehydrated, you need to drink at least 6 to 8 cups of liquid each day to replace the fluid you lose. You can get water from food, too.

Drinking any beverage – water, juice, coffee, tea, milk – contributes to your fluid intake. You also get water from water-based foods like soup. Adding fruits and vegetables to your meals or eating them as a snack works double duty to help you get enough fluid and fiber. Dairy foods are a good source of water, too. They also supply nutrients for bone health.

As you age, your body’s thirst signal may become less sensitive. That means you may not feel thirsty and cause you to not drink enough water to meet your needs.

**Check the list to see how much water you can get from common foods.**

| It all adds up                     |                   |
|------------------------------------|-------------------|
| Food                               | % Water by Weight |
| Lettuce (½ cup)                    | 95                |
| Watermelon (½ cup)                 | 92                |
| Broccoli (½ cup)                   | 91                |
| Grapefruit (½ cup)                 | 91                |
| Milk (1 cup)                       | 89                |
| Orange Juice (¾ cup)               | 88                |
| Carrot (½ cup)                     | 87                |
| Yogurt (1 cup)                     | 85                |
| Apple (1 medium)                   | 84                |
| Cottage cheese, low-fat (½ cup)    | 79                |
| Tuna, canned, drained (3oz)        | 73                |
| Potato, baked with skin (1 medium) | 71                |
| Rice, cooked (½ cup)               | 69                |
| Kidney beans, boiled (½ cup)       | 67                |
| Pasta, cooked (½ cup)              | 66                |
| Chicken, roasted, no skin (3oz)    | 65                |
| Beef, lean, roasted (3oz)          | 64                |
| Whole wheat bread (1 slice)        | 38                |
| Cheddar cheese (1oz)               | 37                |

Bowes & Church’s Food Values of Portions Commonly Used, 17th ed. (Philadelphia: J.B. Lippincott Company, 1998)



## Are you getting enough?

One way to know if you are getting enough to drink is to check the color of your urine throughout the day. A hint of yellow color is the sign that you are getting the water you need. If your urine is bright yellow to yellow-orange you may need to drink more.

### Urine color chart

|   |  |
|---|--|
| 1 | If your urine matches colors 1, 2 or 3, you are properly hydrated. |
| 2 |  |
| 3 |  |
| 4 | If your urine color is below the red line, you are dehydrated.     |
| 5 |  |
| 6 |  |
| 7 |  |
| 8 |  |

## Don't limit your intake to avoid bathroom trips.

Your kidneys may not conserve fluids as well as they used to. Your body may be holding onto less water, producing urine to fill your bladder even if you are not drinking. Don't let incontinence keep you from getting enough fluid to meet your needs.

## To help you get enough, try spicing up your water:

|   |   |
|---|---|
|    | Use an insulated beverage cup to make drinking water more pleasurable.                                |
|    | Squeeze or drop a slice of lemon, lime, or orange into your water.                                    |
|    | Make fruit flavored ice cubes by freezing juice in ice cube trays or berries and water in paper cups. |
|   | Add fruit juice to seltzer or club soda for a bubbly spritzer.  |
|  | Dilute fruit juice with water, use a 1 to 1 ratio.  |
|  | Sip on green tea.   |



## Fruit Ice Cubes

### Directions

1. Place all ingredients in a blender or food processor and blend until a smooth consistency.
2. Pour the fruit and water blend into an ice cube tray, filling each ice cube hole evenly.
3. Put ice cube tray into the freezer and leave overnight.
4. Use fruit ice cubes as you would normally for beverages.

### Ingredients

- ½ cup blackberries
- ½ cup strawberries
- ½ cup honeydew
- 1 kiwi
- 1 cup of water



## Watermelon Lime Flavored Water

Makes 8 Servings

### Directions

1. Wash all produce.
2. Collect, slice\*, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie!

### Ingredients

- 1 cup cubed watermelon
- 1 lime
- 5 mint leaves (optional)

### Try these other great flavor combinations, or create your own!

#### Cucumber Lemon (or Lime)

- ½ cucumber
- 1 lemon or lime

#### Pineapple Grape

- 1 cup canned diced pineapple
- Pineapple juice from can
- 1 cup grapes

#### Berry Kiwi (or Orange)

- 10 strawberries or blackberries
- 1 kiwi or 1 orange